



## Drawing and Yoga Workshop for Mindfulness

24 May 2025 - Price R2360 (incl VAT and an art kit)

*A creative and restorative experience combining mindful drawing and yoga*

Join artist **Belinda Ardé** at **Oxford Healthcare Retreat in Johannesburg** on **24 May** for a unique Mindfulness Drawing Workshop, where art and movement come together in a tranquil retreat setting. This immersive experience invites you to slow down, engage your senses and explore drawing as a meditative process. Paired with a gentle yoga session, this workshop will guide you through mindful observation and self-expression, fostering a sense of calm, clarity and a day of relaxation.

### What You'll Experience:

- Mindfulness through drawing with charcoal to reduce stress and increase focus
- Drawing as a tool for self-expression, observation and awareness
- A calming yoga flow to complement the creative process and balance the mind and body
- A peaceful retreat setting with a day of nourishing refreshments, meals and time to slow down

### Workshop Schedule

- 8:30 – 9:00 AM | Tea, coffee and a light breakfast snack
- 9:00 – 11:00 AM | Introduction to mindful drawing, techniques and exercises
- 11:00 – 11:30 AM | Break with iced tea and a stretch
- 11:30 – 1:00 PM | Further drawing exercises
- 1:00 – 2:00 PM | Lunch served on the verandah
- 2:30 – 3:30 PM | Yoga session in the garden

This retreat is designed for beginners and beyond, offering a space to reconnect with creativity, deepen self-awareness and leave feeling refreshed and inspired.

Spaces are limited—reserve your place today!

For **BOOKINGS** Email [belindaardeart@gmail.com](mailto:belindaardeart@gmail.com)

Accommodation at the Retreat is available if you'd like to stay overnight.

See [www.oxfordhealthcareretreat.co.za](http://www.oxfordhealthcareretreat.co.za) for accommodation options

